

## Abstract

# **Osteopathische Behandlung bei COPD**

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Die COPD ist weltweit die vierthäufigste Todesursache. Nur wenige wissenschaftliche Literaturbeiträge setzen sich mit der osteopathischen Behandlung bei COPD-Patienten auseinander.

Ziel der Literaturrecherche ist die Beantwortung der Frage, ob Studien belegen, dass eine osteopathische Behandlung klinisch relevante Parameter (Husten, Auswurf, Atemnot, FEV1 (forced expiratory volume in one second), FVC (forced vital capacity) sowie den Quotienten aus FEV1 und VC (Tiffeneau-Wert) des Krankheitsbildes COPD verbessert.

Literaturrecherche unter Berücksichtigung vorhandener Studien mit verschiedenen osteopathischen Therapieansätzen. 5 Studien mit COPD-Patienten wurden für diese Arbeit ausgewertet.

Keine der hier aufgeführten Studien, bei der COPD-Patienten mit osteopathischer Behandlung therapiert wurden, führte zu einer signifikanten Veränderung der Kenngrößen FEV1, VC und dem Quotienten aus FEV1/VC. Die Studien an gesunden Probanden (Schröder, 2003; Hosking 2009) konnten tendenziell leichte Verbesserungen zeigen. In Nolls Studien an COPD-Patienten (Noll 2008, 2009) zeigte sich eine Verschlechterung der FEV1 Werte nach der Behandlung mit Multitherapietechniken.

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